

## **February 2010 Community Events Calendar**

### **Cash for College Workshops**

Summary: Parents can obtain information on Cal Grants, which are one of the smartest ways to get cash for college. If students qualify, they do not have to pay the money back. Graduating high school seniors or recent graduates must meet academic, financial and eligibility requirements and submit two forms by March 2, to receive a Cal Grant. Workshops are being offered throughout San Jose to explain requirements and process.

Dates and Locations:

Tuesday, February 2 | 3pm-8pm | San Jose High Academy, Room 40  
Saturday, February 6 | 10am-2pm | Foothill College, Middlefield Campus  
Saturday, February 6 | 10am-3pm | Willow Glen HS, Library  
Monday, February 8 | 3pm-7pm | Mt. Pleasant HS, Library Computer Lab  
Tuesday, February 9 | 4pm-8pm | W.C. Overfelt HS, Library  
Wednesday, February 10 | 3pm-8pm | Andrew Hill HS, Computer Lab  
Wednesday, February 19 | 10am-11:30am | San Jose City College  
Monday, February 22 | 3pm-7pm | Pioneer High School  
Tuesday, February 23 | 3pm-7pm | James Lick HS, Career Center  
Thursday, February 25 | 4pm-8pm | W.C. Overfelt HS, Library  
Friday, February 26 | 10am-11:30am | San Jose City College  
Saturday, February 27 | 9am-2pm | West Valley College, AAS Tech Lab  
For more information visit: <http://www.calgrants.org/>

### **Kaiser Permanente San Jose Farmers' Market**

Date: Every Friday, year round. 10am-2pm

Summary: Kaiser Permanente San Jose partners with the Pacific Coast Farmer's Market Association to provide real California grown, fresh, seasonal, and organic produce sold by the farmers who produced the crops.

Location: 250 Hospital Parkway, San Jose, CA 95119

Located between the One North (270 International Circle) and Two North buildings

More information:

<https://members.kaiserpermanente.org/redirects/farmersmarkets/>

### **Japantown Certified Farmers' Market**

Date: Sunday mornings from 8:30am-12pm

Summary: Enjoy local fresh fruits and vegetables

Location: Jackson St. and 6th and 7th Streets, Directly in front of Miraido Village, San Jose, 95112

More information: <http://www.japantownsanjose.org/market.html>

### **PAW'er Hour**

Date: February 4 at 6pm, Feb 10 at 2pm and Feb. 23 at 6pm

Summary: This is an hour-long, fun, and informational session with a unique tour of the Humane Society Silicon Valley Animal Community Center. Paw'er Hours are not fundraising events; they are simply a way to introduce people to

what the staff members do every day. Staff will share HSSV's focus and direction – and many exciting plans moving forward.

Location: HSSV Animal Community Center, Milpitas

901 Ames Ave.

Milpitas, CA 95035

More information: [www.hssv.org](http://www.hssv.org)

### **Assemblymember Joe Coto Open House**

Date: February 4 from 4pm to 6:30pm

Summary: Assemblymember Coto invites you to stop by the District Office for his open house. Enjoy light refreshments and share your thoughts.

Location: Coto District Office

100 Paseo de San Antonio, Ste. 319

San Jose, CA 95113

More information call (408) 277-1220

### **We Like it Wet: Mushrooms and Newts**

Date: February 6

Time: 9 a.m. - 12 noon

Summary: A docent-led hike through the winter landscape where the cool damp soil makes mushrooms and newts happy campers. A sharp eye and a willingness to walk will be rewarded with the sighting of colorful fungi and perhaps a few elusive amphibians. Meet in the Casa Loma Road parking lot for this moderate, 4.5-mile hike. Bring water and a snack. No pets please.

Location: Rancho Cañada del Oro Open Space Preserve

Directions: From Highway 101 or Highway 85. Turn west onto Bailey Avenue. At the intersection with McKean Road turn left. Where McKean Road becomes Uvas Road turn right onto Casa Loma Road. Rancho Cañada del Oro Open Space Preserve is at the end of the public access portion of the road. **Map to Rancho**

For more information call Santa Clara County Open Space Authority at (408) 224-7476 or visit [www.openspaceauthority.org](http://www.openspaceauthority.org)

### **Grand Opening Celebration for the Santa Teresa Branch Library**

Date: Saturday, February 6, 2010

Time: 11:00 am

Summary: Sponsored by City of San Jose Libraries and Council District 2. Kaiser Permanente San Jose physicians and employees will be in the Library Children's Room for story time and to get children to sign the Healthy Pledge and providing information to seniors on how to stay healthy.

Location: Santa Teresa Branch Library

290 International Circle, San José 95119

For more information, please call (408) 535-8450 or visit

[www.NewSanJoseLibraries.com](http://www.NewSanJoseLibraries.com).

### **Healthy Trails Hike**

Date: February 6

Time: 11:00 am – 2:00 pm

Summary: Join Docent Bob Cicisly on a hike along the Waterfall Loop Trail. Meet at the day use parking lot.

Location: Uvas Canyon County Park

For more information about this and other "Healthy Trails" programs and partners, check the County Parks website or call (408) 355-2240. [www.parkhere.org](http://www.parkhere.org)

### **Yummy for Your Tummy with Chef LaLa & "Carrot Soup" Storytime**

Date: Saturday, February 6, 2010

Time: 2:00 - 2:30 pm - Doors & Exhibition Tables Open

2:30 - 4:30 pm - "Carrot Soup" Storytime Movetritition with Generations Community Wellness & Chef LaLa Cooking Demonstration

Summary: Celebrity Master Chef LaLa, author of "Yummy for Your Tummy" cookbook, is coming to San Jose for a FREE healthy cooking demonstration!

Chef LaLa will present a bilingual cooking demonstration for young children and their families. She will be assisted by her son, Maddox, age 3. Chef LaLa is a frequent guest on the "Today" show, and is spokesperson for the American Diabetes Association. The event is sponsored by FIRST 5 Santa Clara County and Kaiser Permanente San Jose.

Location: Mexican Heritage Plaza Pavilion

1700 Alum Rock Ave

San José, CA 95116

For More Information Contact: Jo Seavey-Hultquist at FIRST 5 Santa Clara County 408.260.3720

### **Webelos Naturalist Badge**

Date: February 6

Time: 2:00 p.m. – 4:00 p.m.

Summary: Learn about birds, migration, flyways, food chains, human impact, and the importance of wetlands. Then take a walk and use our binoculars to spot birds in the wild. Space is limited. (Note: badges are not provided). This program is open to everyone.

Location: Environmental Education Center, Alviso

For more information: Call Debra at 408-262-5513 ext. 102 or visit

[www.fws.gov/DESFBA/index.htm](http://www.fws.gov/DESFBA/index.htm)

### **The Alum Rock Counseling Center's 35th Annual Celebration Luncheon**

Date: Wednesday, February 10, 2010

Time: 11:30am

Summary: Join political and community leaders, Kaiser Permanente San Jose and other honored guests and supporters, and youth involved in ARCC programs to celebrate the many accomplishments and impact of the ARCC.

Location: Silicon Valley Capital Club

50 West San Fernando Street  
San Jose, CA 95113-2432  
For more information visit: <http://www.alumrockcc.org/>

### **Helping Homeless Cats and Your Community**

Date: February 11

Time: 6:00 – 7:30 PM

Summary: An informative class on helping with Homeless/Feral Cats in the community. They will have one of the local trappers introduce what you can do for these special cats. Please RSVP at (408) 262-2133

Location: HSSV Animal Community Center

901 Ames Ave.

Milpitas, CA 95035

More information: [www.hssv.org](http://www.hssv.org)

### **Healthy Trails Hike**

Date: February 13

Time: 10:00 am – 12:00 pm

Summary: Join Docent Ken Halsey for a 1.1 mile hike along the Waterfall Loop Trail. Meet at the day use parking lot.

Location: Uvas Canyon County Park

For more information about this and other "Healthy Trails" programs and partners, check the County Parks website or call (408) 355-2240. [www.parkhere.org](http://www.parkhere.org)

### **Birding the Refuge**

Date: February 13

Time: 9:30 a.m. – 11:30 a.m.

Summary: In the wintertime, there's always something great to discover on the refuge. Practice your birding skills in the different habitats around the Education Center. Families and beginners welcome. Meet near the building entrance.

Location: Environmental Education Center, Alviso

For more information: Call 409-262-5513 x106 or Visit

[www.fws.gov/DESFBAI/index.htm](http://www.fws.gov/DESFBAI/index.htm)

### **Valentine's Day in the Marsh**

Date: February 14

Time: 1:00 p.m. – 2:30 p.m.

Summary: Take a guided tour of the new Chicago Marsh. The Environmental Education Center in Alviso hosts a variety of habitats that support incredibly unique native flora and fauna. Participants will have the opportunity to hear from a presenter and go on a guided walking tour of the New Chicago Marsh Trail.

**Reservations are required.** All ages are welcome. For further information, contact Eric at 408-262-5513 ext. 104.

Location: Environmental Education Center, Alviso

For more information: Visit [www.fws.gov/DESFBAI/index.htm](http://www.fws.gov/DESFBAI/index.htm)

## **Hank Lopez Chinese New Year Celebration**

Date: February 17, 2010

Time: 12:00PM-1:00PM

Summary: Designed for persons ages: 50 and up. Enjoy a traditional Chinese meal (fish will be the main course) plus music & entertainment. Luncheon Included  
Suggested lunch donation is \$2.50 for ages 60+ and \$5 guest fee for adults under age 60.

Location: Hank Lopez Community Center

2039 Kammerer Avenue

San Jose, CA 95116-3017

For more information: Call 926-3895 for reservations at least 1 day in advance.

## **Healthy Trails Toddler Trek**

Date: February 18

Time: 4:30 pm – 6:00 pm

Summary: Join a Docent from Strollerhikes.com for an easy walk on the paved Los Gatos Creek Trail and around the percolation ponds. Wear comfortable walking shoes. Bring a snack and camera if desired. All ages welcome. Meet at the Los Gatos Creek Park parking lot. For more information about other "Healthy Trails" programs and partners, call (408) 355-2240. [www.parkhere.org](http://www.parkhere.org)

Location: Los Gatos Creek County Park

For more information about other "Healthy Trails" programs and partners, call (408) 355-2240. [www.parkhere.org](http://www.parkhere.org)

## **"WOWW " Westfield Oakridge Winter Walk and Resource Fair for Seniors**

Date: February 19, 2010

Time: 8:30am

Summary: Join Kaiser Permanente and San Jose Council District 10 to kick-off the walk with some stretching and exercises!

Location: Westfield Oakridge Mall

925 Blossom Hill Road

San Jose, CA 95123-1239

For more information visit: <http://www.sanjoseca.gov/district10/>

## **Healthy Trails Challenge Hike**

Date: February 20

Time: 12:00 pm – 4:00 pm

Summary: Challenge yourself as you join Docent Bob Cicisly on a moderately challenging hike on Sprig Trail. You will enjoy beautiful views and hike through 5 different ecological zones. Bring sturdy hiking shoes, sun protection, binoculars, water and snacks. Meet at the Sprig Lake day use dirt parking lot.

Location: Mt. Madonna County Park

For more information about other "Healthy Trails" programs and partners, call (408) 355-2240. [www.parkhere.org](http://www.parkhere.org)

## **Beginning Bird Photography Workshop**

Date: February 20

Time: 3:00 p.m. – 5:00 p.m.

Summary: Whether you are interested in photography tips or would like to get to know some of the birds commonly sighted at the refuge, attend this workshop! They will discuss ideal sighting and photography conditions, lighting, composition, and equipment. They will also have a slide show to familiarize you with some common shorebirds at the refuge. Then you will go on an easy walk and try your skills. Please be sure to bring your camera and/or binoculars and wear comfortable walking shoes. Led by Jen Woo. Recommended for ages 14 and up. Call Debra at 408- 262-5513 ext. 102 for reservations.

Location: Environmental Education Center, Alviso

For more information: Visit [www.fws.gov/DESFEBAY/index.htm](http://www.fws.gov/DESFEBAY/index.htm)

## **Better Breathers Club**

Date: February 22

Time: 1:30 to 3 p.m.

Summary: **Breathe California** is hosting the Better Breathers Club meetings as a resource and support group for people suffering from lung disease and their family members. At these meetings, guests from various health disciplines speak to the group about ways to breathe easier and more effectively manage their disease, with the goal of improving an overall quality of life. The San Jose club meets every month.

Location: The Office of Breathe California

1469 Park Avenue, San Jose, CA 95126

For more information on the Better Breathers Club, call 408-998-5865 or visit:

[www.lungsrus.org](http://www.lungsrus.org).

## **San Jose Earthquakes Community Pre-season "Meet and Greet"**

Date: February 22

Time: 6:30pm to 8pm

Summary: Neighborhood Leader and local sports enthusiast Don Gagliardi is hosting an "Earthquakes Community Preseason Meet-and-Greet" for downtown area residents. The event, which will be catered, is FREE to downtown residents. It features a unique opportunity to meet, take pictures with and get autographs from San Jose Earthquakes players!

Location: Joyce Ellington Branch Library

491 Empire St.

San Jose, CA 95112

For more information call (408) 556-7708

## **The 11th Annual Sciencepalooza!**

Date: February 27, 2010

Time: 9 to 11am to view displays, 12 noon for awards program

Summary: Hosted by the Synopsis Outreach Foundation, Sciencepalooza! was started 11 years ago to provide an opportunity for students in the East Side Union High School District (ESUHSD) to develop science projects and enter a competition. Before sciencepalooza! around 25 students in the District developed science

projects for competition. Now, over 800 students annually enjoy the benefits of a competitive, hands-on science experience.

Location: Santa Clara County Fairgrounds- Exhibition Hall

344 Tully Road

San Jose, CA 95111-1992

For more information visit: [Synopsys Outreach Foundation](#)

### **Healthy Trails Challenge Hike**

Date: February 27

Time: 9:00am – 12:00 noon

Summary: Join Docent Cait Hutnik on a 6 mile moderately challenging hike on the Deep Gulch Mine Hill Trails. You will be climbing steep trails to visit historic sites within the park.

Meet at the Hacienda park entrance with sturdy hiking shoes, sun protection, water and snacks.

Location: Almaden Quicksilver County Park

For more information about other "Healthy Trails" programs and partners, call (408) 355-2240. [www.parkhere.org](http://www.parkhere.org)

### **Family Friendly Moonlight Hike**

Date: February 27

Time: 6:30pm -8:00pm

Summary: Come enjoy an outing under the moon and stars on the paved Martin Murphy Trail (2-mile loop) with Park Docent Jennifer Snedeker. Watch for wildlife that come out at dark, explore overhead constellations and discover the many secrets of this historical and ecological area. Meet at the San Martin Ave. parking lot. Wear comfortable walking shoes and layered clothing. Bring water, snack and flashlight.

Location: Coyote Lake – Harvey Bear Ranch County Park

For more information: Call (408) 355-2240 or visit [www.parkhere.org](http://www.parkhere.org)